

What's Your Pleasure?

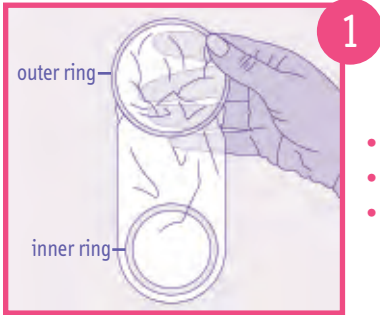


How to use the

Female Condom

How to Use a Female Condom

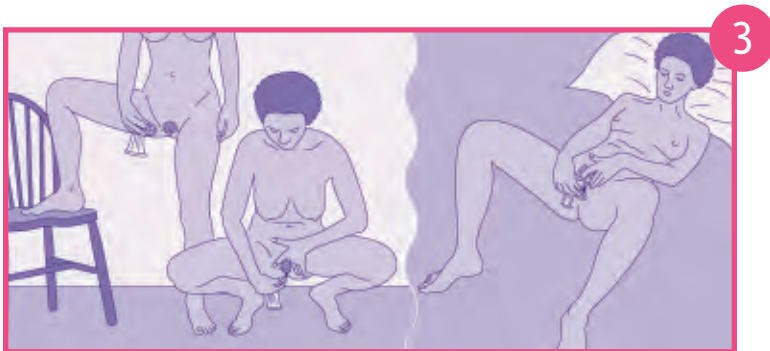
Before Sex



- Open package carefully.
- Unroll the condom.
- Rub the sides together to spread the lubricant.

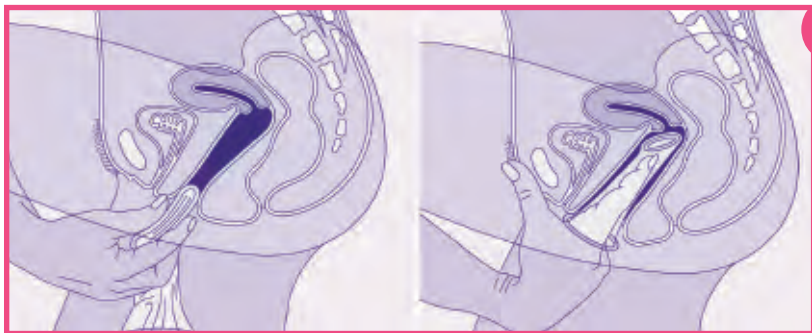


- Squeeze the inner ring at the closed end between your thumb and middle finger.



- Choose a comfortable position. Squat, raise one leg, sit, or lie down.

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- Gently insert the inner ring into the vagina.
- Once the condom is inside your vagina, use a finger to push the inner ring up as far as it will go.
- The inner ring will sit above your pubic bone. It should feel comfortable.
- Make sure the outer ring is outside the vagina and the condom is not twisted.

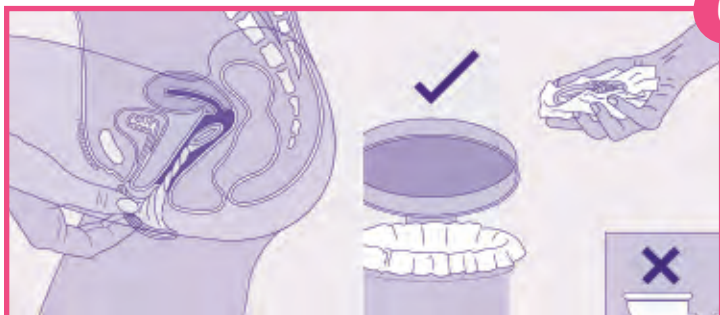
5



- Add a few drops of lubricant to the penis or to the inside of condom.
- Guide penis inside condom.

After Sex

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- To remove the condom, twist the outer ring to keep the semen inside.
- Pull the condom out gently.
- Throw away condom in the trash.

Tips for Using the Female Condom

- Never use a female condom and a male condom at the same time.
- Use a new female condom each time you have sex.
- **Practice makes perfect!** Practice putting in and removing a female condom a few times on your own before using it with a partner.
- When you open the package or insert the condom, be careful not to tear it. If the female condom breaks or tears, use a new one.
- A female condom may be inserted up to 8 hours before intercourse.
- **More lubricant solves most problems!**
Add 2 to 4 drops of lubricant to the inside of the condom or to the penis if:
 - The condom clings to the penis
 - The condom moves up and down inside the vagina
 - The condom makes noise
 - The outer ring gets pushed inside the vagina
- You can use any kind of lubricant (water or oil-based).

